

ABSTRACT

RESEARCH PAPER: Telehealth: Improving confidence and self-care with management of heart failure.

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Heart failure, a health problem of older adults challenges the nation with the cost of unnecessary hospital readmissions. Telehealth technology is used to support individuals in their homes with disease self management. The purpose of this study is to understand how telehealth can improve confidence and management of self-care in individuals with Heart failure. This quasi-experimental study, a replication of Dansky, Vasey, and Bowles' (2008) work, will be based on the five-stage self-care model developed by Riegel, Carlson, and Glaser. A convenience sample of approximately 200 individuals, who have been diagnosed with heart failure and request assistance with self-care, will be recruited from cardiac rehabilitation centers and/or home health agencies located in the Midwest. Confidence and self-care management will be measured with the Self-Care of Heart Failure Index (SCHFI). The findings will provide information about technological support for self-care management and confidence in clients with heart failure.

